


Art Activity: Zentangle

Created by: Lyndsey Wine @lyndseywineart

What is a zentangle?


A zentangle is a way of making art by creating structured patterns to form an overall stunning image. Zentangles help with concentration, relaxation, and just overall creativity.

You get to draw from your own inspirations to create different patterns and designs that form one giant piece. There are millions of different types of patterns that can be created and incorporated into your work. The overall zentangle can be very intricate, or very simple and still turn out amazing! Below is an example of a zentangle I have created, which includes different designs that you can incorporate into yours, and just overall see what a zentangle is about:



I would like for you guys to create your own zentangle by creating your own patterns, and you can also use some of my designs too to help fill the page. There are millions of patterns that can be used and each zentangle is unique and one of a kind. Have fun with it! It can be as detailed as you like, just divide up the square how you would like and fill each section with different designs and patterns! Let your creativity flow!

My Zentangle

Activity by: Lyndsey Wine  @lyndseywineart

Name: _____

Date: _____